March

Pick a **better** snack™ with your family - \$ave money and eat smart!

Milk Trivia

At dinner this week, let's see what your kids have learned this year in nutrition education. Ask them the following questions:

Question 1: Where does most of our milk come from?

Answer: Cows

Question 2: What do we get from milk that is healthy for our bodies?

Answer: So much! Calcium, protein, vitamin D, and more!

Question 3: What kind of milk is healthiest for kids 2 and over and adults?

Answer: 1% or fat-free, it has all of the healthy stuff without the extra fat.

Milk is babies' first food and a staple in many of our houses. Milk is a really important source of nutrition

for kids and adults because it provides essential vitamins and minerals. Did you know that low-fat milk like 1% and fat-free has the same amount of vitamins and minerals, but less fat than 2% and whole milk?

When kids are really little (under age two) they need the extra fat for development and growth. Once they turn two their needs change and the extra fat is no longer necessary for most children (some children need extra calories to maintain weight).

Just like kids grow out of their shoes and clothes, they grow out of certain foods! **Their bodies change. So should their milk**.



Plan for family fun

this month. Play your way. One hour a day.



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